

This Adventure Guide provides an overview of the many fun things to do in Utah Valley. Whether you're planning a trip for your family, coming for a business meeting or visiting friends, you'll be pleased with the wide variety of activities Utah Valley offers.

ADVENTURE NAVIGATOR

Utah Valley has an adventure for you.

If you love strolling through art galleries, fine dining, exploring

museums and mild recreation, the Leisure Adventures of Utah Valley

WHETHER YOU'RE HERE WITH FAMILY, FRIENDS OR BUSINESS ASSOCIATES,

Get complete details on lodging, dining, festivals and events in Utah Valley at:

> UtahValley.org 1-800-222-UTAH (8824)

Adventure Awaits.

If you're craving an adrenaline rush, beautiful natural

scenery and physically exerting recreation, set your

course for Utah Valley's Outdoor Adventures.

Utah Valley!



and tourist information, as well as a gift shop with locally made treats and products, unique gift ideas and Utah souvenirs. Visit us at 111 South University Avenue, Provo.

GOLF COURSES IN UTAH VALLEY

1. CASCADE GOLF CENTER (D1) 313 East 800 North Orem, UT 84097 801-225-6677

2. CEDAR HILLS GOLF CLUB (B1)

1400 North 200 East American Fork, UT 84003

Cedar Hills, UT 84062

801-796-1705

1 Gladstan Drive Payson, UT 84651

Springville, UT 84663

GOLF COURSE (C2)

NORTH UTAH VALLEY

801-465-2549

. HOBBLE CREEK

6. Spanish Oaks

Saratoga Springs, UT 84045 801-407-3030 8. THANKSGIVING POINT

GOLF CLUB (A1)

SARATOGA SPRINGS (A1)

7. TALONSCOVE AT

- 3300 West Clubhouse Drive Lehi, UT 84043 3. Fox Hollow Golf Club (B1) 9. THE LINKS AT SLEEPY RIDGE (C2)
- Orem, UT 84058 4. GLADSTAN GOLF COURSE (B3) 801-434-4653 10. THE RANCHES GOLF CLUB (A1)
- Eagle Mountain, UT 84005 801-789-8100 GOLF COURSE (C2)
 - 11. THE RESERVE AT EAST BAY (D3) 1860 South 380 East

Provo, UT 84601

1675 North 200 West Provo, UT 84601

801-375-8600

ECONO LODGE Provo, UT 84601

801-373-0099

801-377-9500

HAMPTON INN

1511 South 40 East

BED & BREAKFAST

383 West 100 South Provo. UT 84601

801-374-8400

801-374-9750

801-377-4700

801-374-1000

La Quinta Inn

1460 South University Avenue

PROVO MARRIOTT HOTEL

101 West 100 North Provo, UT 84601

AND CONFERENCE CENTER

RESIDENCE INN BY MARRIOT

252 West 2230 North

rovo, UT 84604

SLEEP INN HOTEL

rovo, UT 84601

SPRINGHILL SUITES

Provo, UT 84604

SUNDANCE RESORT 8841 North Alpine Loop Road

SUPER 8 MOTEL

Provo, UT 84604

801-374-6020

TRAVELODGE

801-373-1974

VIEW INN

Provo, UT 84601

SOUTH UTAH VALLEY

1455 North 1750 Wes

COMFORT INN

BEST WESTERN MOUNTAIN

oringville, UT 84663 801-489-3641

Springville, UT 84663

Spanish Fork, UT 84660

WESTERN INN

801-798-9400

Sundance, UT 84604

1580 North Freedom Boulevard

801-377-6597

BY MARRIOTT

1505 South 40 East

FAIRFIELD INN BY MARRIOTT

1515 South University Avenue Provo, UT 84601

801-373-6262

Visit GolfUtahValley.com for more information. Spanish Fork, UT 84660

If you're not exactly sure what you're looking for, congratulations, the entire valley is now your playground with hundreds of fun options.

FESTIVALS IN AT SUNDANCE



SHOPPING

UTAH VALLEY

fun for everyone.

If you are visiting with family and children of varying ages,

RIDES

Utah Valley offers a variety of Family Adventures that are

Thanksqiving Point



Discover the lost world of dinosaurs at the Thanksgiving Point Museum of Ancient Life, take a stroll through the beautiful 55-acre · Wild Outdoors Festiva Thanksgiving Point Gardens or visit Farm Country where you can take a hay ride or Plein Air Art Festival stop by the petting zoo. You can also catch other excellent restaurants.

Sports and Recreation

Golf in Utah Valley



11 beautiful golf courses. Utah Valley golf courses offer a wide variety of scenery and difficulty levels, including the nationally ranked times, packages and Thanksgiving Point Golf Course designed by tournaments, visit GolfUtahValley.com Johnny Miller. Finish your day with a luxurious dining experience at Chef's Table or any of our

The Crandall Historical Printing Museum in

you can see a working recreation of Johannes

Gutenberg's print shop. And at Camp Floyd/

Stagecoach Inn and Museum you'll learn Utah's

Provo is the only place in the world where



Museums, Art and Heritage



MORE INFORMATION

Experience a day of rafting or kayaking through one of our licensed outfitters on Provo River's pristine waters, or board the train at Vivian Park and take a ride on the historic Heber Valley Railroad with the beautiful Wasatch Mountains as your backdrop. Then finish the day with an evening of Blue Ribbon fly fishing as the sun sets on another incredible day in Utah Valley.

Robert Redford's Sundance is a four-seasor

dining, art work shops, lodging, Outdoor

Summer Theatre and concerts. The vast

array of ski runs offer a challenging day

on the slopes for skiers and snowboarders

or hike some of the finest terrain on earth.

And if you've always wanted to saddle up,

horseback riding is available as well as

resort that offers skiing, mountain biking, fine



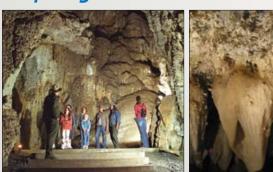
a movie at the Megaplex 8 Theater or see a

live summer concert at Electric Park.

LaVell Edwards Stadium and cheer the Cougars on as you enjoy a Brigham Young University football game. Be a part of an all-American tradition by taking the kids out Visit UtahValley.org for to the ballgame to see the Orem Owlz play miniature golf cour and more. or other sports at Utah Valley University. Before or after the game feel the thrill of soaring water slides at Seven Peaks, Utah's

Timpanogos Cave

largest water park.



Explore the amazing wonder of Timpanogos Cave National Monument on a guided tour. You'll learn about formations and features of the cave like the most famous stalactite, "The Great Heart of Timpanogos." Once you've finished your cave journey, enjoy the canyon and be sure to drive the Alpine Scenic Loop where you'll find trails, Cascade Springs and, if you're lucky, a moose and





MORE INFORMATION Kid treatments for 9-15 year-olds mind and spirit back into perfect balance. The



MORE INFORMATION

A blend of Native American traditions, totally organic products and the human touch at the Spa at Sundance are used to bring the body,



Bluebird Café Series

Utah Valley's Canyons, conveniently located just minutes off of Interstate 15, offer freshwater lakes, sparkling streams and hundreds of miles of trails. World-class rock climbing can be found in Spanish Fork, Provo, Rock and American Fork Canyons. Majestic peaks offer awe-inspiring vistas

Alpine Loop. Spa at Sundance, located at Robert Redford's pristine resort, offers specialty body work, skin and challenging terrain for the adventurer. Come be inspired in Utah Valley.



world-class fly fishing.

be summited from the Timpanokee trail.

for a complete list of festivals.

TULIP FESTIVAL 250,000 tulips FREEDOM FESTIVAL One of the largest Fourth of

HOTELS IN UTAH VALLEY

BEST WESTERN Timpanogos Inn 195 South 850 East Lehi, UT 84043

Days Inn 80 North 850 East Lehi, UT 84043 801-768-8322 HAMPTON INN

3576 North Maple Loo Lehi, UT 84043 801-766-1186 HOTEL ROCKWELL

Lehi, UT 84043 801-768-8348 MOTEL 6 210 South 1200 East 801-768-2668

QUALITY INN & SUITES 712 South Utah Valley Driv 801-763-8383 175 North State Street

Lindon, UT 84042 801-785-9777 SPRINGHILL SUITES BY MARRIOTT 2447 West Executive Parkwa ehi, UT 84043 801-341-6970

SUPER 8 MOTEL 125 South 850 East ehi, UT 84043 801-766-8800 VALUE PLACE 7 North 900 West American Fork, UT 84003

801-492-1600 MIDDLE VALLEY - OREM AREA COMFORT INN & SUITES 427 West University Parkway Drem, UT 84058

HAMPTON INN & SUITES 851 West 1250 South 801-426-8500 LA QUINTA INN & SUITES Orem, UT 84058 801-226-0440

oo West 780 North Orem, UT 84057 801-235-9555 MIDDLE VALLEY - PROVO AREA

801-373-2222

La Quinta Inn

801-431-0405

830 North Main Street BEST WESTERN 801-465-4861 COTTON TREE INN Provo, UT 84604 520 South 2000 West 801-373-7044 **COURTYARD BY MARRIOTT** 1600 North Freedom Boulevard

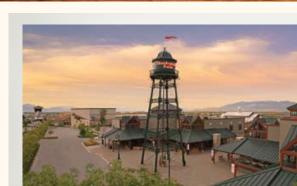
MAJOR ANNUAL FESTIVALS IN UTAH VALLEY



Iulv celebrations in the nation

STORYTELLING FESTIVAL festival in the Wes





7. Missionary Training Center (D2)

musicals and other production

9. VIVIAN PARK AND HEBER VALLEY

HISTORIC RAILROAD (C1)

under the stars at the Shell. Also

2005 N 900 E, Provo

745 S State St, Orem

6828 N South Fork Rd.

Call (435) 654-5601 for

train rides and information.

10. ROBERT REDFORD'S SUNDANCE

hiking, biking, concerts, restau-

8841 N Alpine Loop Rd, Sundance

1. Thanksgiving Point (A1)

world, 55 acres of European

gardens, Johnny Miller designed golf course and much more.

3003 N Thanksgiving Point Way, Lehi

(801) 225-2787

(801) 851-8640

RESORT (C1)

(801) 225-4107

(801) 768-2300

(801) 422-2602

8. SCERA (D2)

ATTRACTIONS

1. UTAH LAKE STATE PARK (C2)

day camping. Entry fee rec 4400 W Center St, Provo

(801) 375-0731

1330 E 300 N, Provo

3. THE PEAKS ICE ARENA (D3)

100 N Seven Peaks, Provo

(801) 373-8777

(801) 377-8777

4. North Park (D2)

Pioneer museum and

500 N 500 W, Provo

Call (801) 852-6614 for

swimming information.

SAINTS (D2)

(801) 375-5775

(801) 763-4540

5. PROVO TEMPLE OF THE CHURCH

2200 N Temple Hill Dr. Provo

6. Mt. Timpanogos Temple of

OF LATTER-DAY SAINTS (B1)

THE CHURCH OF JESUS CHRIST

OF JESUS CHRIST OF LATTER-DAY

Veteran's Memorial poo

Boating, water skiing, fishing and

2. SEVEN PEAKS WATER PARK (D2)

The state's largest water park.

with ice hockey, ice skating and

WORLD'S LARGEST DINOSAUR MUSEUM.



12. CAMP FLOYD/STAGECOACH INN

18035 W 1540 N, Fairfield

gear with aquariums and

OF NATURAL HISTORY (A1)

55 N Center St, Lehi

HARLEY DAVIDSON (B1)

historic Geneva Steel. Exit 273, Lindon

(801) 768-7180

(801) 434-4647

(801) 766-2500

(801) 768-8932

14. CABELA'S (A1)

STATE PARK AND MUSEUM (A2)

Pre-Civil War military post and hi

toric overnight stop on Overland

Hemisphere along with a working farm that would make Old MacDonald proud.





visual fine arts. 126 E 400 S, Springville (801) 489-2727

13. PROVO CITY LIBRARY AT ACADEMY SQUARE (D2) Historic Brigham Young Academy building. (801) 852-6650 See a play, concert or stand up

of hunting, fishing and outdoor 425 W Center St. Provo (801) 852-7007 20. Crandall Historic 2502 W Grand Terrace Pkwy, Leh PRINTING MUSEUM (D3) 15. JOHN HUTCHINGS MUSEUM one-of-a-kind museum. American artifacts, minerals, fos-

NATURAL ATTRACTIONS Monument (B1) Resort and restaurant built out (801) 756-5238 or (801) 756-5239



Hwy 92

Hwy 189

24. BRIDAL VEIL FALLS (C1)

Canyon Rd, Springville

Nebo Loop Rd, Payson

1450 E 2320 N St, Provo

30. Spanish Fork Canyon (C3)

Camping, hiking and sightseeing.

Hwy 6/Hwy 89

28. ROCK CANYON (D2)

and hiking.

21. TIMPANOGOS CAVE NATIONAL Three natural caves joined together with over 42 types Open mid May to mid October.

18. South Ridge Farms (B3) Come visit the Big Red Barr and taste all the great treat fresh fruit, pies and ice cream. 720 W 900 S, Santaquin (801) 754-5511 19. COVEY CENTER FOR THE ARTS (D3)

comedy at the beautiful Cove **27. Nebo Loop** (*B*₃)

275 E Center St, Provo

(801) 377-7777

American Fork Canyon Hwy 92 through Uinta National Forest to Provo Canyon Hwy 189

31. STEWART FALLS (C1) Over 200-foot waterfall Alpine Loop Rd 32. TIBBLE FORK RESERVOIR (B1

American Fork Canyon Rd 33. DEER CREEK RESERVOIR (C1) Fishing, boating, watersports Hwy 189

34. Mt. Timpanogos Park (B1) 25. CASCADE SPRINGS (C1) Home of the Timpanogos On Cascade Scenic Dr, off Hwy 92 Hwy 189 26. HOBBLE CREEK CANYON (C2) UNIVERSITIES

Golf course and campgrounds. 35. Brigham Young University (D2) Home of the BYU Cougars. Campus information and hou Scenic wilderness area known for (801) 422-INFO (4636) General Campus Tours (801) 422-4678 High School Student Tours (801) 422-4431

Event Tickets (801) 422-BYU1 (2981) BYU MUSEUM OF ART Monte L. Bean Life Science Museum BYU EARTH SCIENCE MUSEUM BYU MUSEUM OF PEOPLE AND CULTURES South Fork Rd, off E Provo Canyon Rd MARRIOTT CENTER LAVELL EDWARDS STADIUM

CONFERENCE CENTER

BYU BOOKSTORE

36. Utah Valley University (C2) Rapidly growing home of the Wolverines welcomes visitors. (801) 863-INFO (4636) BLACK BOX AND RAGAN THEATRE

at the Art Shack.

DISCOVER YOURSELF

Sundance Resort, a haven for

discovery and inspiration, is a

6,000-acre destination resort founded

by Robert Redford. Sundance features

year-round mountain recreation,

award-winning dining, rustically

elegant accommodations, a Native

American-inspired spa and art classes

AT SUNDANCE

DAVID O. MCKAY EVENTS CENTER OREM OWLZ 37. Provo Towne Centre (D3)

1200 Towne Center Blvd, Provo (801) 852-2400 38. University Mall (D2) 575 E University Pkwy, Orem (801) 224-0694

39. The Shops at Riverwoods (D2) 4801 N University Ave, Provo (801) 802-8430 40.THE MEADOWS

SHOPPING DISTRICT (B1) Off Exit 278 CAMPGROUNDS 41. LAKESIDE CAMPGROUND (C2)

4000 W Center St, Provo

43. EAST BAY RV PARK AND CAMPGROUND (B2) 1750 W 1600 N, Springville (801) 491-0700 HOSPITALS

42. KOA CAMPGROUND (D2)

320 N 2050 W, Provo

(801) 375-2994

sundance

8841 N Alpine Loop Rd

(801) 225-4107

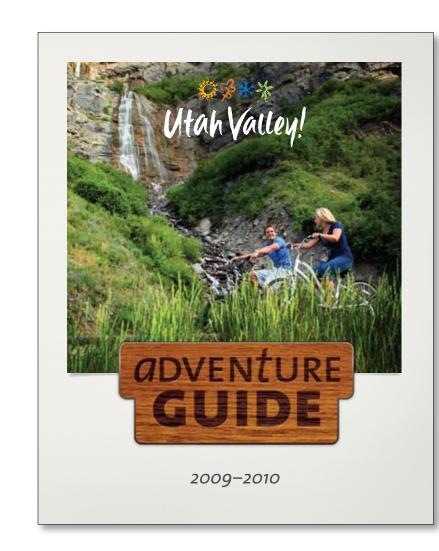
MOUNTAINVIEW HOSPITAL (B3) (801) 465-7000 UTAH VALLEY REGIONAL MEDICAL CENTER (D2) 1034 N 500 W, Provo (801) 373-7850

TIMPANOGOS REGIONAL

MEDICAL CENTER (C1) 750 W 800 N, Orem AMERICAN FORK HOSPITAL (B1) 170 N 1100 E, American Fork (801) 855-3300

For more information, visit UtahValley.org.

Utah Valley Adventure Guide



Make your reservations today. Visit UtahValley.org and extend your stay. Adventure Awaits.

care and massage treatments.